



RADIANT SKIN, STRONG NAILS AND HEALTHY COLLAGEN – NATURALLY

A free and simple guide to supporting skin elasticity, nail strength and natural glow during perimenopause and menopause

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Disclaimer

The material in this eBook is for informational and educational purposes only. It should not be used to self-diagnose and it is not a substitute for a medical advice, diagnosis, treatment, prescription or recommendation. All viewers of this content, especially those taking prescription or over-the-counter medications, should not make any changes in their health regimen or diet before first consulting a qualified health professional.

What's inside

Welcome

Key skin, nails and collagen affecting factors

- **Key Factor #1:** Declining estrogen and collagen loss
- **Key Factor #2:** Dehydration and nutrient deficiency
- **Key Factor #3:** Oxidative stress and toxin exposure
- **Key Factor #4:** Sleep, stress and skin repair

A daily checklist to help glow from within

Next steps

Resources and tips



Welcome!

Is your skin suddenly dry, thin, itchy or more wrinkled?

Are your nails brittle, splitting or slow to grow?

Have you noticed sagging, loss of firmness or slower wound healing?

Oestrogen plays a key role in collagen, hydration and skin repair.

Hi, I'm Joanna

During perimenopause and menopause, many women notice changes in their skin, hair, and nails - dryness, thinning, or loss of elasticity. These changes are natural responses to hormonal shifts, particularly the decline in estrogen and collagen production.

The good news? With the right nourishment, hydration, and lifestyle habits, it's possible to restore radiance, strengthen nails, and support collagen naturally from the inside out.

In my clinical experience, the key elements to address therapeutically for healthy skin and nails include:

- Nutritional deficiencies and/or excess (toxicity)
- Collagen production support
- Stress and inflammation
- Diet review and monitoring
- Review of personal care products
- Circadian rhythms balancing

These steps are included in my personalised therapeutic programs and consultations with clients.

This guide briefly covers

- ✔ The 4 key factors that influence skin, nail and collagen health
- ✔ Simple, natural ways to nourish and protect your skin
- ✔ A daily checklist to help you glow from within
- ✔ Resources and tips that work



Key Factor #1

Declining estrogen and collagen loss

Why it matters

Estrogen supports collagen production - the protein that keeps skin firm, smooth, elastic and hydrated. As estrogen levels drop, collagen production slows, leading to fine lines, sagging, and dryness.

During menopause, estrogen levels drop significantly, leading to a dramatic decrease in collagen production, which can result in thinner, less elastic skin and the development of wrinkles. Women may lose up to 30% of their collagen in the first five years after menopause, contributing to various skin ageing signs. It continues declining about 2% with each additional year.

Natural swaps & tips



Include collagen-building good quality protein-rich foods such as bone broth, gelatinous meats, fatty fish, eggs, dairy, citrus, and leafy greens. Vitamin C is essential for collagen synthesis - add lemon or berries daily.



Add vitamin C-rich foods (berries, kiwi fruit, lemon and citrus fruits, capsicum, leafy greens) to support collagen synthesis.



Include phytoestrogen-rich foods like flaxseeds, sesame seeds, and fermented soy (organic non-GMO only) to gently support hormone balance.



Include wise and safe sun exposure - it stimulates collagen production and regulates hormones. Use shade, hats and clothes as your sunscreen as many sunscreen contain harsh chemicals that can add to the body's toxic load.

Supporting collagen naturally helps maintain skin elasticity and firmness.

Additional resources: [Joanna's hormonal harmony blog](#)



Key Factor #2

Dehydration and nutrient deficiencies

Why it matters


Hydration and nutrient intake directly affect skin texture, nail strength, and overall glow. Dehydration and low intake of essential fats can make skin appear dull and nails brittle. Low hydration and poor nutrition show up quickly in the skin.


Menopause can increase the risk of dehydration due to hormonal changes that affect fluid balance. Additionally, many women experience nutrient deficiencies during menopause, particularly in vitamins and minerals like calcium, vitamin D, and B vitamins, which are crucial for overall skin health during this transition.

Natural swaps & tips

 **Drink 6-8 glasses of water daily and include herbal teas** such as nettle, hibiscus, or chamomile. Add minerals (electrolytes) to increase absorption.

 **Eat foods rich in omega-3 fatty acids** - fatty fish, seafood, grass-fed red meat, chia seeds, flaxseeds and oil, and walnuts to keep skin supple.

 **Limit alcohol and caffeine, which dehydrate the skin.** They both can contribute to dehydration, especially during menopause, as coffee acts as a diuretic and can lead to increased fluid loss.

 **Include key nutrients:** zinc-rich foods - red meat, oysters, seafood, pumpkin seeds, lentils; and silica-rich foods (oats, cucumber), and biotin-rich foods (eggs, almonds) for skin, nail and hair strength.



Hydration and nutrient density are the foundation of healthy, glowing skin.

Additional resources: [Check out Joanna's dehydration causes and remedies blog.](#)



Key Factor #3





Oxidative stress and toxin exposure

Why it matters

Pollution, processed foods and stress increase free radicals that damage skin cells and accelerate aging. The liver and lymphatic system play key roles in clearing these toxins.

Oxidative stress (“wear and tear”) during menopause can be influenced by exposure to environmental toxins, which may accelerate reproductive aging and lead to earlier onset of menopause. Toxins like heavy metals and endocrine disruptors can alter hormonal balance and increase oxidative stress, negatively impacting women's health during this transition.

Natural swaps & tips

-  **Eat colourful fruits and vegetables rich in antioxidants** - blueberries, strawberries, capsicum, spinach, beetroot, carrots, sweet potatoes.
-  **Support liver detoxification** with cruciferous vegetables (broccoli, kale, cabbage), green juices and lemon water. Good daily hydration helps to flush out toxins.
-  **Use natural skincare with minimal ingredients** - look for aloe vera, rosehip oil, or jojoba oil. Avoid synthetic ingredients which can act as endocrine disruptors (interfere with with hormonal function).
-  **Avoid smoking, processed foods, and synthetic skincare products. They all accelerate skin ageing.**

Reducing oxidative stress helps preserve collagen and maintain a youthful glow.

[Additional resources: Check out Joanna's sources of antioxidants blog](#)



Key Factor #4

Sleep, stress and skin repair





Why it matters

Skin regenerates mostly at night. Poor sleep and chronic stress increase cortisol, which breaks down collagen and slows repair.

Menopause can lead to skin changes such as dryness and reduced elasticity due to decreased estrogen levels, which also slows down skin repair processes. Stress during this time can exacerbate skin issues, making it more prone to irritation and breakouts, therefore managing stress is important for maintaining skin health.



Natural swaps & tips

-  **Prioritise 7-8 hours of restful sleep each night** to regenerate the body including the skin.
-  **Create a calming bedtime routine** - dim lights, use lamps instead of overhead lighting, stretch gently or do a short yin yoga session, avoid screens 1-2 hours before bed (including TV).
-  **Practice relaxation techniques** such as deep breathing, meditation, journaling or reading a relaxing book.
-  **Consider calming herbal tea support** like passionflower, chamomile or lemon balm to promote relaxation. Magnesium (topical is better than supplements) is also calming and relaxing and combines well with the teas.

Rest and calm are essential for skin renewal and hormonal balance.

[Additional resources: Check out Joanna's foods and home sleep remedies blog](#)



Next steps

Healthy, radiant skin and strong nails are reflections of inner balance.

By nourishing your body with whole foods, hydration, and rest, you can support collagen naturally and restore your glow at any age. Start with one or two of these habits today - small, consistent steps create lasting results.

Your daily skin and collagen checklist

- 💧 Hydration - 6–8 glasses of water or herbal tea daily
- 🥗 Colourful, antioxidant-rich meals
- 🍊 Vitamin C and collagen-building foods
- 🌿 Natural skincare and toxin-free products
- 🌙 Restful sleep and daily stress reduction
- 🧘♀️ Stress reduction or mindfulness practice
- ☀️ Spending time outdoors daily in sunshine (safe and wise exposure)

An invitation

What you have just read is one piece of a much bigger picture. Menopause can show up in **more than 100 different ways** across the brain, nerves, gut, joints, skin, mood and metabolism. That's why symptoms can feel confusing and hard to pin down.

I created **"The Menopause Symptoms and Systems Guide: A practitioner's guide to the physical and emotional changes of the menopause transition"** to bring clarity to that complexity, and help you recognise what your body is communicating.

It includes a comprehensive symptom map and simple explanations of causes to help you see where your own patterns may sit. You may get it by clicking the button below.

[GET THE FULL GUIDE](#)

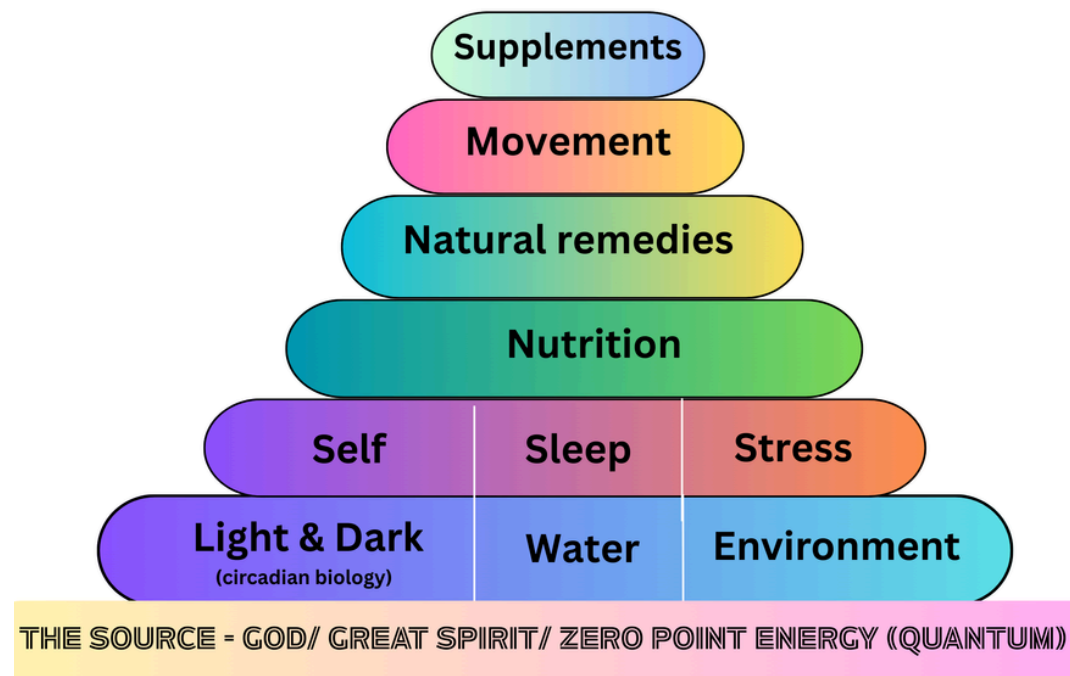
Inside, you will also find how my **Naturimedica Blueprint** approach supports the whole body, not just individual symptoms.

If you would like personal support, you can also learn how I work with women to create a natural, sustainable plan for their unique menopause journey inside the full guide and on the next page here.



The Naturimedica Signature Blueprint for Health & Wellbeing

One method. Many paths. Always personalised.



At the heart of the Blueprint lies a pyramid structure that reflects what, from my clinical and personal experience, truly drives lasting wellbeing:

- **~60% Lifestyle Foundations (i.e. two bottom layers, key to any transformation):** light and dark balance, hydration, nature connection and mindful environment, quality sleep and self-care, and stress reduction.
- **~30% to 40% Nutrition:** eating real, nourishing food tailored to your body's needs.
- **~10% to 15% Supplements, Natural Remedies and Movement:** targeted support to fine-tune your health and body function.

This layered approach blends natural wisdom, science and personalisation, helping you move from any imbalance or hormonal challenges toward renewed harmony and energy. **The interconnected structure ensures that every step supports the next - restoring energy, balance and vitality from the ground up.**

Explore the Signature Blueprint graphic and method to see how each layer builds upon the next, creating strong foundation for lifelong wellness.

Download your free Naturimedica Signature Blueprint guide [HERE](#) (or from the website), then connect with me for personalised support to start your own transformation journey to health and wellbeing.

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Resources

For additional and more in-depth information on natural and lifestyle approaches to perimenopause and menopause visit my website: www.naturimedica.com

Here are the links to the most relevant website information:

- <https://www.naturimedica.com/category/hormones-menopause/>
- <https://www.naturimedica.com/category/circadian-biology/>

If you'd like more information and simple, basic guidance on other specific perimenopause or menopause symptoms/ topics, the following FREE guides are also available to review:

- Hot flushes
- Key symptoms self-check
- Gut health
- Weight loss
- Adrenals & energy
- Blood glucose management
- Brain fog
- Thyroid health
- Anxiety & depression
- Sleep
- Skin, nails, collagen
- Osteoporosis
- Hair loss
- Circadian Daily Light Guide: Practical Steps + Benefits

Feel free to contact me if you'd like any of the above guides emailed to you.

Email: joanna@naturimedica.com

I also regularly publish valuable free resources and practical tips on social media.

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About me



As a Wholistic Natural & Lifestyle Therapist with 15 years clinical experience, my passion is helping women to restore energy, sleep and vitality by reconnecting with Nature and its rhythms.

I combine nutrition, herbal medicines, naturopathy and lifestyle strategies with practical education, so clients can take charge of their own health.

My approach is grounded in both research and traditional naturopathy. My therapeutic strategies are always tailored to the individual.

I believe true health comes from following daily rhythms aligned with nature, and from nurturing the body with good nutrition, sleep, rest and re-establishing good function, not quick fixes. The fact is: we can't outsmart Nature!

I've seen consistently how small, habitual changes add up to create big result over time. My goal is simple: to guide you back to health with tools and remedies that are natural, safe, sustainable and effective.

Visit my website www.naturimedica.com for more information on my therapeutic approach, areas of expertise and special interest, and how to connect with me. Follow me on social media for more support: and updates.

[Instagram](#)
[Facebook](#)

[LinkedIn](#)
[Wellness Blog](#)

I look forward to connecting with you and supporting you in your ongoing health journey.

Best of Health

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